

Life Skills Group

A Workshop on “Getting Along”

Join Stacey & Leon

Tuesdays from 10:30 – 12:00

In the Comfort Zone

for a group that discusses:

- making and keeping friends
- dealing with difficult situations
- managing your symptoms
- expressing yourself effectively
- coping with the problems of everyday life
- stress reduction and much more!

Life is complicated and confusing sometimes.
LIFE SKILLS can help you get through it all with GRACE!



Starts April 7th